

THE UPPER TANANA HEALTH CENTER *Still on Schedule*

"I would like to personally thank those who were quick to jump to the aid of fighting the fire, **Randy Warren** - community member for notifying the fire department quickly, and **Bill Sisson** - General Foreman for containing the fire."
-Chief Victor Joseph

On the evening of Thursday, July 9th, a fire was detected on the roof of the new Upper Tanana Health Center facility. There was quick response from the contractors, staff, and the local fire department, which resulted in minimal damage to the facility.

The fire is suspected to have been unintentionally caused by a cigarette that landed under a pallet of insulation and cardboard. The smoldering insulation

eventually caught fire several hours later.

After investigation of the damage, the fire was found to have melted a small patch of roofing and foam. The damage has been fixed, and extensive clean-up of the site performed. The property now has security cameras and security personnel on site when contractors are not present.

Construction is currently scheduled to

be complete in mid-September, and the fire has not affected the schedule.

The new facility will bring all clinical services currently provided in three separate buildings in Tok under one roof. Services to be provided include primary care, urgent care, lab, radiology, pharmacy (including over-the-counter medications), and behavioral health.



Anchorage Based Patient Advocate

Kristy Supsook, TCC Patient Advocate, works closely with the medical teams at the Alaska Native Medical Center (ANMC) to ensure TCC patients receive clear communication about their care, experience safe discharges and can access support if concerns arise while at ANMC.

Please call Kristy if you need assistance with anything at all. Out of respect for patient privacy, Kristy does not automatically contact patients in Anchorage for care unless the patient or a healthcare provider calls requesting assistance.

For more information, contact Kristy Supsook, TCC Patient Advocate at ANMC
907-687-9193 • Toll Free 1-800-478-6682 ext. 3604 • kristy.supsook@tananachiefs.org

In This Issue:

On-air Health Response Summary
Page 4-5

Contact Tracing: What is it?
Page 6

Recycle your Fish Carcasses!
Pages 8

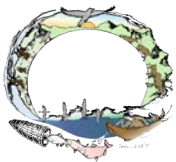
Understanding the PRC Process
Page 10

MISSION STATEMENT

Tanana Chiefs Conference provides a unified voice in advancing sovereign tribal governments through the promotion of physical and mental wellness, education, socioeconomic development, and culture of the Interior Alaska Native people.

VISION

Healthy, Strong, Unified Tribes



Tanana
Chiefs
Conference

TCC EXECUTIVE BOARD MEMBERS

Donald Honea Sr./Ruby
1st Traditional Chief

Trimble Gilbert/Arctic Village
2nd Traditional Chief

Victor Joseph/ Tanana
Chief/Chairman

Charlene Stern/Arctic Village
Vice President

Jerry Isaac/Tanacross
Secretary/Treasurer

William "Chaaiy" Albert/Northway
Upper Tanana

Nick Alexia Sr./Nikolai
Upper Kuskokwim

Nancy James/Fort Yukon
Yukon Flats

Eugene Paul/Holy Cross
Lower Yukon

Frank Thompson/ Evansville
Yukon Tanana

Norman 'Carl' Burgett/ Huslia
Yukon Koyukuk

Peter Demoski/Nulato
Elder Advisor

Jolie Murray/Beaver
Youth Advisor

CHIEF'S REPORT

Dear Tribes and Tribal Members,



After a long summer dealing with COVID-19, August has finally arrived, which usually means the Tanana Valley Fair in Fairbanks, and fall fishing and hunting. Although many of us look forward to enjoying the summer sun and providing for our families during this time of year – I would like to remind everyone that we are still in the middle of a pandemic. This means we must be respectful of the mandates set in place by our tribal leadership and continue to practice social distancing as we interact with others. Please review the tribal mandates listed on page 3 prior to traveling on the river.

Speaking of traveling on the river, I would like to remind everyone that it is important to practice safety while out hunting this year. This means practicing proper boating and hunting safety. For tips on wearing your life jacket and other boating safety information, please see page 7.

School districts are still deciding on how to safely re-open schools whether it be in-person, or online. We are working with all school districts on how this will impact our families and how we can keep our communities and tribal members safe. By enforcing masking and social distancing with your kids, you will help protect the health of your child(ren), your family, and your community. We are working closely with all school districts to develop risk metrics for schools, to ensure testing can occur when necessary, and have a rapid response team in place to respond to any potential developments.

The cases of COVID-19 are continuing to rise in Alaska, and TCC's testing capabilities are at capacity. As a result, we will have to prioritize who receives the appropriate type of tests to ensure that those who need tested are able to get results in a timely manner. While we are looking at ways to increase our capacity for testing, it's important to understand that testing isn't going to prevent this virus from progressing. Our actions and how we respond as individuals, will have the most impact. **When we all take this virus seriously and follow safety precautions, we will see a decrease in the infection rate.**

In order to reduce exposure to our patient, we are now offering a telehealth option. Patients can meet with their providers via phone or video conference. If you have an appointment that does not require a physical examination – please consider opting to use our telehealth service.

Despite our telehealth option, there are still many patients who need to come to Fairbanks for medical services. These patients will be tested for COVID-19 prior to returning to their community. If the patient tests positive, TCC will provide temporary housing and meals. However, the patient will be required to follow quarantine guidelines while being housed. If the patient is non-compliant with housing TCC will no longer cover lodging, and the patient will have to find alternative housing.

Here at TCC, we have been doing everything we can to ensure the health and safety of our tribes, those we serve, and our employees. TCC has issued mandatory masking, social distancing, and symptom monitoring at all of our facilities. These protocols have been effective in keeping our facilities safe and we encourage other businesses to adopt similar protocols.

Only by working together and taking these safety protocols seriously will we be able to achieve *Healthy, Strong, Unified Tribes*.

Ana Bassee,

Chief/Chairman

Interior Tribal Mandates Regarding Community Closure and Gas Sales

At this time, it's important to remember that the members of the villages are doing everything that they can to limit the exposure of the disease to their residents. It's imperative that the travelers who are near the areas below to respect the village's wishes regarding if the village is open and willing to help with the travel associated with hunting/fishing.

CLOSED TO NON-RESIDENTS

With hunting season fast approaching, and with the pandemic of COVID-19 on the rise in the interior and surrounding communities, at the time of writing, the following communities are planning to keep non-resident hunters and fishers out of their community:

- Alatna
- Anvik
- Allakaket
- Beaver (case by case basis)
- Chalkyitsik
- Eagle
- Dot Lake
- Healy Lake
- Holy Cross
- Grayling
- Louden (Galena)
- Kaltag
- Koyukuk
- Rampart
- Tanacross
- Venetie

PURCHASE OF GAS FOR NON-RESIDENTS

The following communities are also not allowing the purchase of gas to non-resident travelers during hunting season:

- Alatna
- Allakaket (If the need arises, they are requesting to let the community know ahead of time. A local community member will deliver the gas to the river bank.)
- Anvik
- Arctic Village
- Beaver
- Birch Creek
- Grayling
- Holy Cross
- Nulato
- Rampart
- Stevens Village
- Venetie

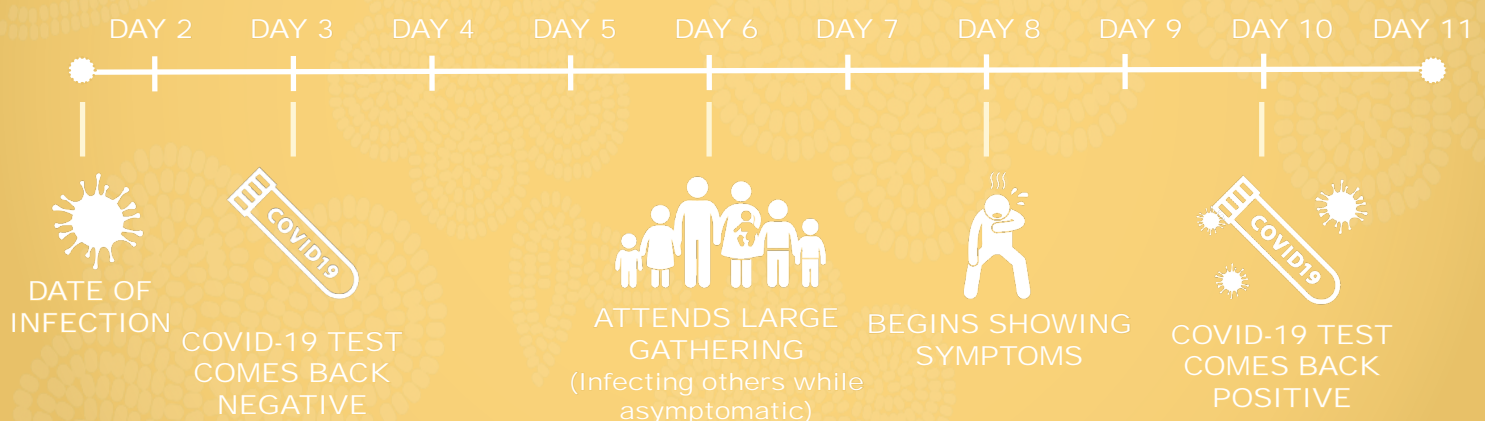
VILLAGE DECISION PENDING

The following communities are waiting for tribal meetings to discuss their plans of action regarding non-resident travelers coming into their community:

- Birch Creek
- Hughes
- Tanana
- Arctic Village
- Birch Creek
- Ruby
- Nulato
- Huslia
- Tetlin

TESTING DOESN'T REPLACE QUARANTINE

COVID-19 symptoms can develop up to 2 weeks after coming into contact with the virus, so it's important to self-isolate at home during that time and monitor your symptoms. Testing too early may miss cases. This is why it's important to remember that testing is NOT a replacement for quarantine.



Summary of On Air Interview with Chief Victor Joseph, Dr. Alexander and Dr. Zink about COVID-19

On July 15, 2020, Chief Victor Joseph joined Dr. Alisa Alexander the Senior Medical Officer at Chief Andrew Isaac Health Center (CAIHC) and Dr. Anne Zink the Chief Medical Officer for the State of Alaska on the radio station KRFF 89.1 – Voice of Denali. This one hour show was a way that questions about COVID-19 and TCC could be answered on air by either Dr. Alexander or Dr. Zink. The topics that were discussed ranged from contact tracing, testing, how CAIHC deals with positive cases, the importance of masks, and an update on the drive-up testing at CAIHC.

ALASKA'S INCREASE IN CASES

With an increase in the cases in Fairbanks and surrounding villages, Dr. Zink mentioned a pattern with the increase in cases that have been traced back to individuals attending large gatherings- or other events. Sharing cigarettes and drinks, not wearing masks, and not social distancing are behaviors associated with the individuals who attend these gatherings and are driving up the positive case count in Alaska. As a result of having been a contact of a positive case, there have been an increase in people requesting to be tested for COVID-19. With a wide range of ages affected, the fastest and highest rising numbers are from the 20-30 age group. "We see twenty year olds who needed transplants of their lungs for this disease, we seen little kids die from this disease. We know that the older that someone is and the more medical problems that they have, the higher risk of hospitalization and death," shared Dr. Zink, "But approximately half of Alaskans have one of the medical conditions that the CDC lists. And unfortunately particularly in some of our rural communities those numbers even increase as we look at tuberculosis rates and other rates of disease. And so it's really beholden on our younger

generation to take the responsibility of helping to protect our elders or more vulnerable and keeping this disease at bay, and not getting it themselves and if they do get it, not spreading it to others."

THE ACCURACY AND IMPORTANCE OF TESTING

The two doctors agreed that testing is an important tool that we have to track the number of cases and track those who are potentially infected. However, there are limitations with the tests. For one, it doesn't capture all the people who are positive and it won't capture the most recent time period of the patient circulating in the community. It also takes time for the virus to build up in the body to be captured by the test. Typically on day 5 -7, is the time frame to test somebody and capture enough of the virus to test positive. That's not 100% of people, and some people can be carrying the virus and be incubating the infection and the results won't come back positive. The test is not a prevention tool, nor is it a treatment. It's really a point in time to diagnose the disease. The testing process is very useful in diagnosing, but on first inspection by a health care professional without the tests, it's very hard to diagnose. With the symptoms so broad, most clinicians have not seen it, and most people have not experienced them. Dr. Alexander explained how the incubation period is the period in time that the virus has entered the body and when it multiplies and replicates. This starts to become the infection, and can be seen from 2-14 days. A question about traveling in and out of the villages to town and getting tested and quarantining came up. Dr. Alexander explained that even though a negative test was received before leaving the village, this time period is only the time that was spent in the village. The test after the visit to

town also only shows the time period of being in the village, and a few days in town. So, it's important to test, and to quarantine for 14 days after the town visit to potentially limit exposure in the village.

HOW TCC DEALS WITH POSITIVE CASES

Dr. Alexander explained what happens at CAIHC when there is a positive test result. When CAIHC gets a notification that a result is positive, it's a mandatory disease to report.

They report to the section of epidemiology through the state, and a nurse or practitioner will call and explain the positive test result to the patient. CAIHC

will then call the Fairbanks public health nurses to report the case. In Fairbanks, TCC works closely with the Fairbanks public health nurses to assist with contact tracing in the villages. The staff will give advice on how the patient can keep safe, and how to keep any family members safe during this time. Dr. Alexander also clarified who gets to decide when a positive case result gets to come out of quarantine. She explained as of right now, it's being managed by the state. So, the public health nurses will be in contact, and they will say when it is clear to come out of quarantine, and you no longer have to quarantine. She also goes on to say during this time, about 80% of people with this infection, are asymptomatic or have mild symptoms. Even if you may not feel sick, there is a chance that you could pass it around to another who may not present with the same reaction to this disease. They could potentially have worse symptoms. It's important to know that however sick you feel or do not feel, does not change the recommendation for staying at home and staying away from other people.

If there is a case in the villages, one of the CAIHC staff or someone who has trained as a contact tracer with the state will contact the individual and interview the individual and find



Dr. Alisa Alexander



Dr. Anne Zink

out what their pattern of activity has been for either 2 days prior to the positive results, or 2 days prior to the onset of symptoms. They will then identify individuals or places that may be at risk for having been exposed during the infectious period and they will reach out to those people or places to let them know that they have been a contact of a positive case and give them recommendations. Right now, the recommendations are to quarantine for 14 days, and to monitor the symptoms closely. If they are at high risk, CAIHC can offer testing earlier. But, it doesn't change the need to quarantine for 14 days, or monitor symptoms. This goes back to understanding the incubation period of the disease. During the radio show, Dr. Alexander reported out how CAIHC manages and tracks positive cases. Due to the increased number of positive cases in our region, we are no longer able to contact every positive patient daily. We conduct a risk assessment and keep in close communication with patients that are deemed high risk.

MASKS AS IMPORTANT TOOLS

Chief Victor Joseph asked about the importance of masking. Currently the state is looking at the possibility to require masks while in public areas. Right now, areas like Anchorage, Cordova, and Valdez have a mask mandate in place. Also, recently national business chains like Walmart and Best Buy have stepped up and are now requiring masks to be worn while inside the store. The Governor of Alaska, Mike Dunleavy, is supportive of local communities making local decisions that make sense in their community and has been supportive of mask mandates. The data from other states who have mask mandates in place are that the community transmission goes down as a result of people wearing masks more often. Masks are an important tool that can help minimize the disease and is a resource that is cheap, effective, can be made yourself or purchased, and can be



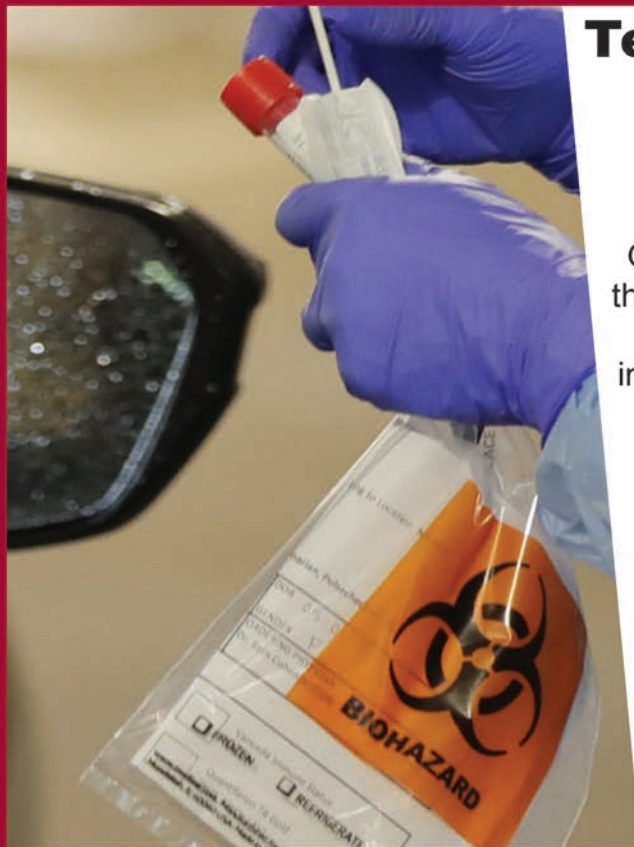
Chief Victor Joseph

easily distributed.

DRIVE-UP TESTING AT CAIHC

The drive-up testing that is available at CAIHC is by appointment only. The experience will be similar to the grocery pick up at Fred Meyer or Walmart. In the parking lot of CAIHC, there are designated parking spots available with signs that have the phone number of the clinic with the extensions. This will be how a patient will check in for their appointment with this service. Due to the increase in testing, hearing back with a result from the staff can take anywhere from immediate notification if you're positive, to anywhere from 24-38 hours with negative results. At this time, CAIHC is looking in to more efficient ways to get results out sooner. The clinic staff that collects the samples will be able to tell you the approximate time frame you should be expecting the results.

DRIVE-UP COVID-19 TESTING



Testing is by Appointment Only
Please call 907-451-6682, ext. 1 to schedule.

Monday-Friday • 10:00 AM-3:30 PM

Once your appointment is scheduled. Follow the signs to the appropriate numbered space in the Chief Andrew Isaac Health Center parking lot. Call the number on the sign, inform the testing staff that you have arrived and what spot you are parked in.

You will receive further instructions and a staff member will come to your vehicle to help perform a nasal self-swab sample collection for the COVID test.

Children will be assisted by the testing staff with the assistance of the adult in the vehicle.

Patients with testing appointments are asked to arrive at their scheduled time and should **not** enter the clinic.

Received results could take up to 10 days.

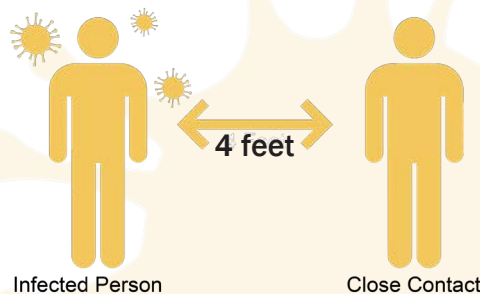
COVID-19

What you need to know about *Contact Tracing*:

WHAT IS **Contact Tracing**?

The process of identifying positive cases and isolating their close contacts to interrupt the spread of disease. Someone who tests positive for COVID-19 will be asked who they have had **CLOSE CONTACT** with while being infectious.

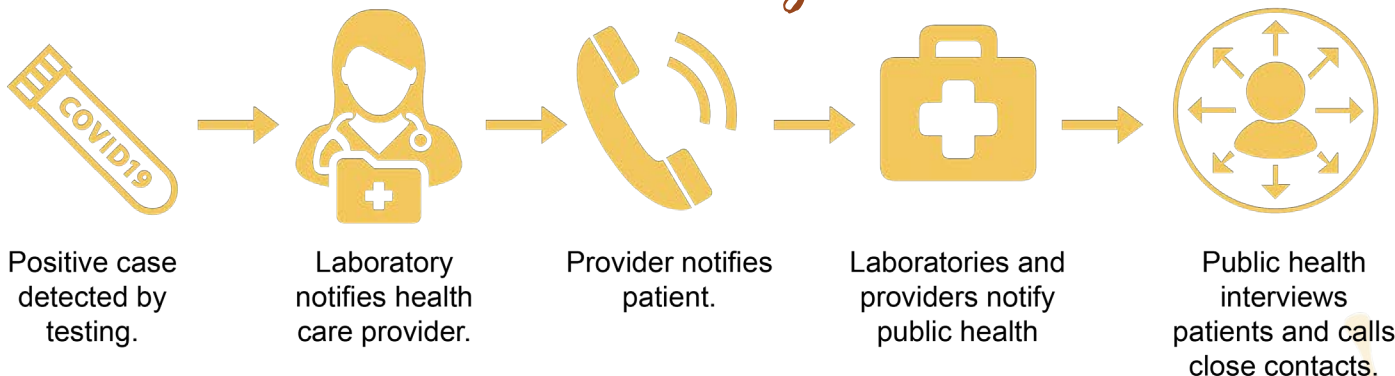
From there, a healthcare professional will contact those close contacts and provide them guidance on next steps.



WHAT IS A **Close Contact**?

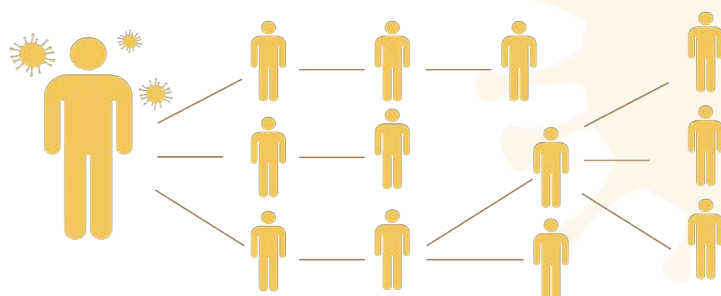
A **CLOSE CONTACT** is someone who has been within 6 feet of an infectious person for more than 10 minutes, usually starting from two days before and going up to 10 days after symptoms start.

WHAT **Contact Tracing** LOOKS LIKE:



WHY IS **Contact Tracing** IMPORTANT?

Contact tracing is a method of identifying and informing people who may have come into **CLOSE CONTACT** with someone infected with COVID-19. This will allow close contacts to follow the proper precautions and prevent further spread of the virus.



HOW TO AVOID **Close Contact**:



Avoid Sharing Drinks or Cigarettes



Avoid Hugging and Handshakes



Avoid Large Gatherings

The recent spike in COVID-19 cases is due to the decrease in the practicing of Social Distancing. So please continue to practice safe Social Distancing.

ONLY Together WE WILL BEAT **COVID-19!**

Suicide Postvention Policy

Suicide doesn't only affect the family who has experienced the loss or grief of a loved one, it affects the entire community i.e. youth, young adults, elders, co-workers, schools, first responders. There is a myth that if you speak 'suicide' then it will happen. However, this is not the case. Speaking up and asking questions brings awareness to suicide. Learning the warning signs verbal and non-verbal cues of a loved one. Resources are available and there are people to assist. Does your village have a suicide postvention policy in place?

WHAT IS A POSTVENTION POLICY?

According to the Suicide Prevention Resource Center

- Postvention is referred to activities which reduce risk and promote healing after a suicide death. Although postvention is implemented after suicide, it is essential that we prepare for postvention before a suicide.

- Postvention is prevention. Suicide prevention efforts should include a comprehensive postvention component that reduces risk and promotes healing for the immediate family and reaches out into the community to support the broader

group of loss survivors including friends, coworkers, first responders, treatment providers, and others exposed to the death.

Under the Division of Wellness and Prevention, there are staff who help mitigate the establishment process of assisting villages with a postvention policy. Think of postvention as an emergency plan – you have one for natural disasters, a school may have one for 'lockdown', and one keeping bootleggers out. A suicide postvention policy is an action plan of the five W's; what, where, who, when, why, and how. It is a guideline for community members, and a reference check. We all know there are family members and/or community members who already have a system in place because they are already implementing the unknown postvention plan, it never had a name before, and now it does – The suicide postvention policy. Having a postvention policy allows communities ownership or what they envision to take place after a suicide and support from your Tribal Leadership. It's a way to come together in a time of need and heal as a community.

By Katina Charles, Native Connections Project
Div. of Wellness & Prevention

If you would like more information on suicide postvention and how the Division of Wellness and Prevention can assist, please contact Katina Charles, Sub-regional Prevention Coordinator at 907-452-8251 ext. 3765 or by e-mail:

Katina.charles@tananachiefs.org

Resources:

Suicide Prevention Resource Center –

www.sprc.org

National Suicide Prevention Lifeline – 1.800.273.TALK (8255)

CHECK IN WITH SOMEONE Today!

Remember to keep contact with your family and loved ones while practicing social distancing. Social Distancing does not mean you need to be isolated. Stay connected and check in with someone today.

If you or someone you know is in crisis or having thoughts of suicide please contact:

TCC Behavioral Health
907.452.8251 ext 3800 OR (800) 478.6822
After hours press 2 to speak to a crisis interventionist.

Alaska Careline
1.877.266.4357 (HELP) • TEXT "4help" to 829863
(Tuesday-Saturday 3pm to 11pm)

National Suicide Prevention Lifeline
1.800.273.8255

Tips for Life Jacket Safety

Is Your Life Jacket Safe To Use In The Water?

It is always a good idea to check your life jackets before every boating season. A life jacket in good condition is essential for safety on the water. Here's how to check and maintain them:

- All straps and buckles are attached firmly and work as they should
- No rips, tears, or holes in the fabric
- The foam (buoyancy material) should have compression to it and not be stiff or brittle
- Check foam by compressing it and it should gradually return to original size
- Store them in a cool, dry area
- Wet life jackets are best dried in open air and never around direct heat like a camp fire

If you find an altered, faulty, or questionable life jacket please

replace with one in good working order. Taking care of your life jackets means they will take care of you. And remember, once you've checked them don't forget to wear them!

TCC Health & Safety Program- Division of Wellness & Prevention

Prevention@tananachiefs.org •
907.452.8251 Ext. 3584

By Marvin Roberts, Health & Safety Program
Div. of Wellness & Prevention



BOATING SAFETY

Remember to always wear your life jacket when around water.

Before You Toss Your Fish Carcasses Back into the River, Consider Making Bone Broth or Composting Them!

By Heidi Rader
Tribes Extension Educator, TCC

For many Alaskans, it's time for fishing! But before you toss your fish carcasses back into the river, consider two options to eke out every last bit of goodness from them. One is to make soup and one is to compost them. Better yet, do both and make broth or soup first, then compost the carcasses or make some soup and some compost. Fish broth is nutritious and tasty for you, and fish compost is nutritious and tasty for your plants.

This recipe incorporates salmon heads, and I would not hesitate to add the tails and bones, too. I would also recommend Brazilian fish stew.

Methods and materials for composting fish abound. Traditionally, fish was just buried in the garden with decent results. In Alaska, you do risk attracting dogs, bears, flies and other pests to your garden if you practice this method. Steve Kahn wrote in the Anchorage Daily News that one year in the fall, even though there were plenty of other fish washed up on the shore of Lake Clark, bears churned up his garden to get at the ones he and his wife had buried.

If you plan to compost the carcasses, you'll want to make sure that you have a large bin or pile and that it is fenced in — perhaps with an electric fence if bears or dogs are problematic where you live.

Much of these same principles apply to composting in general as with any composting, but there are some

additional considerations. Fish composting has the potential to turn into a positively rank operation so you need to have a large enough bin or pile to manage those odors. In general, for a compost pile to heat up, it needs to be at least a cubic yard in size. But when composting fish, bigger is better.

One compost design starts with a foot of "fluffy" materials such as leaves, peat or wood chips. Next, three parts wood waste and one part fish waste are alternately layered. Finally, a layer of finished compost caps the pile, which acts as a biofilter or barrier to the odor.

Another bin design that was tested featured a 4-inch compartment all around the compost bin to mitigate odors. The researchers found that the odor was reduced and made it possible to place the pile within about 50 feet from a home. The pile consisted of 2-inch layers of fish, 4-inch layers of straw or leaves, followed by 1/2-inch layers of soil. Because it was in a bin, it was hard to turn, so they laid perforated 5-inch plastic pipe on the bottom of the pile (that extended beyond the pile itself) to draw air up through the pile.

An Alaska compost company combined sphagnum moss and fish waste at a ratio of 1 fish tote (800

to 1,000 pounds of fish) to 4 cubic yards of peat moss.

Compost Solution to Dockside Fish Wastes and Composting: a Disposal Method for Fish Waste are old publications but provide some good visuals on how to build your compost pile as well as on aeration and moisture regulation.

You can use a compost calculator to customize your recipe and to help you achieve a carbon-to-nitrogen (C:N) ratio that ranges from 25:1 to 30:1. It estimates the C:N ratio of various components. To know for sure, you'd have to get them tested. I've seen published C:N ratios for fish ranging from 4:1 to 10:1. The calculator doesn't include fish waste but you can use something with an equivalent C:N ratio.

You do need to take care when composting fish to minimize the smell. It also has the potential to create an environment where harmful microorganisms like salmonella and E. coli can flourish. There are even some legal considerations that you should be aware of. Here are some more helpful tips on finding waste to compost, including fish, and managing your pile.

There are so many ways to upcycle your fish carcasses, so think twice before you toss them back into the river. If you find composting fish isn't for you, you can always buy Fishy Peat potting soil produced here in Alaska.



Voting Just Got Easier!!!

The Division of Elections has launched a new online application process to allow anyone that wants to vote-by-mail to do so. The system works with the DMV to verify a voter's identity. To use the system, voters must have a state driver's license or state issued ID card. In years past, the state required a person wanting to vote-by-mail to print out the application, sign it, and return it via mail, fax, or email. **The new online system will allow folks to vote absentee for both the primary election in August and**

the general election in November. The move to have the application available online was inspired by COVID-19 related challenges to people being hesitant of voting in person. The new, easy access system is much more straightforward and available to more people and makes good sense.

Link here: <https://absenteeballotapplication.alaska.gov/>



CELEBRATING SUBSISTENCE LIFESTYLE AS A HEALTHY LIFESTYLE

Why Every Community Should Have a *Crisis & Wellness Response Team*

By Ashley Powe, Zhiiniidzelt'aey Program, Div. of Wellness and Prevention

Crisis and Wellness Response Teams are an essential part of community prevention, intervention, and postvention efforts. Crisis and Wellness Response Teams provides support, trauma mitigation, and education in the aftermath of a critical incident - big or small. Each member holds an important role in the success of community prevention and healing. Our communities are strong and even stronger when we

pull our efforts together to keep our communities safe and healthy.

A well-rounded Crisis and Wellness Response Team should include many facets of health needs and be geared towards what each community needs. Wellness and prevention efforts are a part of a Crisis and Wellness Response Team but ideally should include other areas of health as well. This may include emergency management, health and safety, medical, etc. Each

Crisis and Wellness Response team is unique to its community.

If you do not have a team let us know how we can help you build a Team for your community!

Division of Wellness & Prevention Zhiiniidzelt'aey Project
1.800.478.6822 • (907) 452.8251 Ext 3164
Prevention@tananachiefs.org

Resilience

I have been thinking of our ancestors and the hardships they experienced in their lives and how they felt joy and sadness through all the challenges. They forged ahead and kept going to meet the challenges of the day. Through all the challenges our ancestors have experienced, they have overcome the hardship with Resiliency. I have gone to villages to present on the concept of grief. We talk about how trauma has affected us and why we grieve. I want to write to help you to be aware of the feelings you may be having during this pandemic and the climate it has created. I have heard the phrase "I miss my friends" a lot lately. I began to think of all of us staying home and not able to go any where due to the COVID-19. What impact has it made in our lives? How have our lives changed? What questions do we have daily? Have we thought about how this pandemic has made us feel? According to the book,

Resiliency can help us approach our lives so that we may be able to grow and flourish during a time of uncertainty.

"*Grief Recovery Method*", grief is said to be a "conflicting feeling caused by an end of or *change* in familiar pattern or behavior." Because of

the global pandemic in one way or another, we have all experienced a change in pattern and behavior. We have had to adjust our lifestyles and with that, some form of grief has been felt. We've had big changes with lifestyles.

Our elders have shared their experiences of what they have gone through and it's their stories about our history and what they share with us that has taught us how to be able to meet challenges today. Our ancestors had hardship and pain too and with that, they also found joy in their lives and have passed on values that keep us going and help us to find our identity.

What is Resiliency? By definition, it is to "recover from or adjust to misfortune or change." Resiliency can help us approach our lives so that

we may be able to grow and flourish during a time of uncertainty. When we learn to cope and build resilience; we teach our children, our grandchildren, great-grandchildren and so on that we can thrive and we can tell our stories so that they can pass our cultural tradition and values on. Today, our lifestyle has been changed, but as we are staying home, we can still teach and live our traditional values. Please remember it's important to be aware of what you're feeling during these times. Express them in a healthy way; through song, poems, prayer, meditation, conversation etc. If you are needing help grieving during this time, please talk with someone who you trust. We will get through this and remember, we are a RESILIENT people and we will continue our story.

If you would like more information on Grief & Trauma please contact:

Reclaiming Our People Project
(907)452-8251 Ext. 3581

By Roxanne Frank
Div. of Wellness & Prevention

PATIENT EXPERIENCE COORDINATOR

This position provides day to day supervision to the Patient Navigators, assists the Customer Experience Manager with TCC-wide customer service training, and ensures overall coordination of data collection and distribution.

PATIENT NAVIGATOR II

This position will be highly visible in the clinic assisting patients and/or families having difficulty navigating the healthcare system, helping to answer questions, and assisting patients with complaints and appeals. This position will provide elder navigation and support.

Apply Online: <https://careers.tananachiefs.org/>

Understanding the Purchased Referred Care Process

WHO IS ELIGIBLE?

PRC funds are provided to eligible beneficiaries that reside within the TCC Sub-Region. To be eligible for TCC Health Services you must be Alaska Native or American Indian with proof that you are a member or a descendant of a Federally Recognized Tribe.

To be eligible for PRC funding you must be a permanent resident of Alaska.

Funds are limited, PRC funding is not an Entitlement, or a guarantee of payment. PRC is not an Insurance program, but a payer of last resort after all other resources are used, including personal insurance.

WHAT'S NOT COVERED?

Areas of commonly denied requests for payment by PRC include but not limited to:

- Patient did not go to an IHS-funded facility when it was available.
- The service was not pre-authorized by a CAIHC provider.
- Self-referral to a provider outside of CAIHC.
- Emergency room visits for non-emergent conditions. Examples include, but are not limited to: vomiting, nausea, colds, ear infections, minor rashes, sinus infection, medical clearance for alcohol (intoxication).
- Lodging/meals (routine services).
- Infertility treatments.
- Cosmetic surgery and related complications.
- Dental treatment not referred by TCC Dentist.

WHAT TO DO AFTER HOURS:

Unfortunately there may be times when medical needs arise after business hours when the clinic is closed. In this case, call the nurse triage line.

To reach the service, call:
907-451-6682 or 1-800-478-6682.

The call will automatically transfer to the nurse triage line. The triage nurse will contact you as soon as possible to offer a recommendation for your care. You may be instructed on how to manage the illness or injury properly until the next clinic day, or the CAIHC physician on call may be contacted to provide you with further advice.

FAIRBANKS MEMORIAL HOSPITAL EMERGENCY ROOM:

WHAT *are* EMERGENCY CARE SERVICES?

A medical emergency such as an injury or sudden illness that poses an immediate risk to a person's life or long term care.

If care from the FMH Emergency Room is required, PRC must be notified within 72 hours of emergency care.

TCC no longer pays for Emergency Room visits to the Fairbanks Memorial Hospital Emergency Room except in the following cases:

- Pregnant Women as instructed by provider during prenatal visits.
- Infants under the age of one year and for Elders with onset of a sudden condition.
- Treatment for a medical condition for which immediate medical attention is necessary to prevent death or serious impairment of the health of an individual.
- Referrals made by a CAIHC Physician or by the after-hours triage nurse who received approval from a CAIHC physician.
- Needs to be a resident of the TCC Region and eligible for Purchased Referred Care Services. (If you reside outside the Interior Alaska Service Unit (IASU), please contact your Service Area Purchased Referred Care Office).

PATIENTS WILL BE HELD FINANCIALLY RESPONSIBLE FOR ALL FMH-ER VISITS THAT DO NOT FIT THIS CRITERIA.

To Contact

Purchased Referred Care or the Patient Experience team:

Call:

In Fairbanks: (907) 451-6682

In State: 1(800) 478-6682

Out of State: 1(800) 770-8251

Extensions:

Purchased Referred Care: Ext. 3613
Patient Experience: Ext. 3484, 3143, or 3792

Email:

PurchaseReferredCareDept@tananachiefs.org
Patient.Experience@tananachiefs.org

Regarding general questions and appeal processes.

Chief Andrew Isaac Health Center: *Patient Portal Information*

The Patient Portal is a way to communicate in a secure and confidential manner with your care team.

Taking just a few minutes to register will give you access to valuable information and services provided in a secure and confidential manner.

Once registered and logged in, you will be able to:

- Exchange messages with our practice.
- Request appointments.
- Research health topics.
- Review personal health information.
- Update your profile and contact information.

Instructions:

Must have internet and email address

Go to: www.tananachiefs.org

Click Patient Support

Scroll down to Patient Portal

(There may be a need to update your browser)

If you don't have an account, Click Sign up
or Click blue box to Log in if you have an account

For urgent medical matters, please contact us at 1-907-452-8251. In case of a medical emergency, call **911**.

Community Health Aide Spotlight

Agnes Silas - Minto Community Health Aide

By Linden Staciokas

Some people spend a lifetime trying to find their passion, what they want to contribute to the world. Others, like Agnes Silas, one of three Minto health aides, knew from her earliest years what she wanted to be when she grew up. "Even when I was little, I was interested in the medical field, in helping people." Now, after two decades as a health aide, her commitment remains strong.



Originally from Nulato, Silas moved to Minto with her partner, Dudley Smith. While they raised their three children, now adults, Silas managed to complete the rigorous CHA training and worked her way up to the position of senior health aide. Silas was reluctant to identify herself as a senior health aide, and was quick to give equal credit to her two fellow health aides. "We work in collaboration here, not with one person higher than another. It takes all of us to keep the clinic running and the community safe. I also must give credit to support and good relationships with the past and current village councils."

Asked what she enjoys the most about her career, Silas answered with no hesitation. "Knowing how to help people when they need it most...The

hardest part is coping with the loss of people you know so well. That does not get any easier no matter how long you do this job."

Among the many changes in medicine that have impacted the job of a community health aide, one of the most significant is telemedicine. When Silas first started in the field, all charting was done by hand on paper, whereas now the computer is an integral part of the job. She admits that she resisted the changes at first, but now is a true believer in its many advantages. Being able to quickly share a patient's clinic history when working with doctors by phone or computer, or when someone has to go to a specialist or the hospital in Fairbanks, means faster and more accurate treatment.

A village health aide's job is not one that pays attention to the clock. In addition to her regular hours, Silas is frequently approached for advice when residents see her in public, but she does not seem to mind. She believes that there are teachable moments in nearly every interaction. These days, with sometimes confusing or conflicting information on the corona

virus, Silas has to work even harder to keep up with the latest science on the pandemic, so that she can help protect other village residents by keeping them well informed.

When not busy at the clinic, attending community functions, or interacting with her children and her two grandchildren, Silas spends her free time sewing and beading or doing subsistence activities. "I do love putting away what we harvest, hunting, fishing, berry picking. I do try to garden but don't really have a green thumb."

Interviewing Agnes Silas for this profile was not easy because she is so modest about her achievements and knowledge base. However, the supervisor for the Minto Clinic, Ryan Clairmont, was quick to brag about her. "In August she will have been at that clinic for 21 years. She is dependable, works very well with everyone in the village, as well as the medical staff at Chief Andrew Isaac. Agnes consistently gets selected to travel to Fairbanks to train other health aides." It was clear that Clairmont considers her an asset not just to her community but to the entire health aide program.

THE COUNCIL NEWSLETTER

122 First Avenue, Suite 600
Fairbanks, Alaska 99701

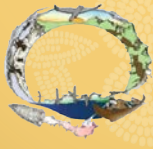
Phone: (907) 452-8251 ext. 3424

Fax: (907) 459-3884

communications_dept@tananachiefs.org

www.tananachiefs.org

Letters to the Editor, other written contributions and photo submissions are welcome. However, space is limited and program-oriented news has priority. We reserve the right to edit or reject material. Letters and opinions are not necessarily the opinions of Tanana Chiefs Conference. Material submitted anonymously will not be printed.



Tanana
Chiefs
Conference



Find Your Purpose

JOIN OUR TEAM: WWW.TANANACHEADS.ORG



Fairbanks Vacancies

- Addictions Counselor I
- Ambulatory Surgery Center Manager
- Apprentice Optician
- ASAP OJT Barista
- Behavioral Health Clinical Associate-Fairbanks
- Behavioral Health Receptionist
- Billing Technician II
- Certified Medical Assistant
- Certified Medical Assistant/Care Coordinator
- Children's Services Case Manager
- Children's Services Clinician
- Education and Disabilities Coordinator
- Eye Clinic Receptionist
- Facilities Administrator
- Facilities Project Manager
- Head Start Program Assistant
- Health Data Analyst
- Infection Control Specialist
- Infection Prevention & Control Program Manager
- Medical Laboratory Scientist
- Medical Laboratory Technician
- Nurse Practitioner - Primary Care
- OMFRC Behavioral Health Consultant
- Outpatient Behavioral Health Case Manager
- Patient Experience Coordinator
- Patient Navigator II
- Pharmacist
- Physician - Primary Care
- Physician Assistant - Primary Care
- Prevention Coordinator
- Program Assistant
- Residential Support Technician
- RN
- Security Officer
- Sobering Center Technician
- Urgent Care RN
- Youth Program Assistant

Village Vacancies

- 942 General Labor (Tok)
- Camp Counselor (Old Minto)
- Community Health Aide/Practitioner (Alatna, Allakaket, Chalkyitsik, Circle, Healy Lake, Hughes, Kaltag, Manley, Northway, Rampart, Stevens Village, Tetlin)
- Community Health Representative (Allakaket)
- Cook Early Headstart (Nenana)
- Elder Nutrition Cook (Nikolai)
- Family Advocate/Social Services Specialist (Tok)
- Family Visitor (Allakaket, Fort Yukon, Hughes, Kaltag, McGrath, Shageluk)
- Home Care Provider (Arctic Village, Beaver, Birch Creek, Eagle, Fort Yukon, Holy Cross, Huslia, McGrath, Nikolai)
- Infant/Toddler Teacher (Galena)
- Lead Teacher (Galena)
- OMFRC Behavioral Health Consultant
- Physician Assistant-Upper Tanana Health Center (Tok)
- Preschool Assistant Teacher (Fort Yukon, Nenana)
- Preschool Lead Teacher (Fort Yukon, Tanacross)
- Substitute Elder Nutrition Cook (Anvik, Arctic Village, Rampart)
- Substitute Teacher/Assistant Teacher (Nenana)
- Tok Sub-Regional Primary Care Physician (Tok)
- Village Public Safety Officer (Anvik, Chalkyitsik, Grayling, Huslia, McGrath, Northway, Nulato, Ruby, Tetlin, Venetie)

Region- Wide Vacancies

- Community Health Aide/Practitioner - Itinerant

JOBS LISTED WERE OPEN AS OF JULY 15, 2020

REAL ID DEADLINE EXTENDED!

The deadline is now:
October 1st, 2021

Alaska residents will need one of the following forms of ID to fly on commercial airlines, visit or work on a military base or federal property:

- Alaska Real ID compliant driver's license
- Alaska Real ID compliant state ID
- A currently approved federal ID like a passport, military ID, Bureau of Indian Affairs card with a photo or others.



Learn how to get yours:

<https://online.dmv.alaska.gov/REALIdChecklist>

Chief Andrew Isaac Health Center

Temporary Clinic Hours are:

8:00 AM – 5:00 PM MONDAY – FRIDAY

All Services are Appointment Only.

Urgent Care hours are:

8:00 AM – 5:00 PM 7 DAYS A WEEK

By Same Day Appointment Only.

TO SCHEDULE CALL:

1-(907) 451-6682 or 1-(800) 478-6682 ext. 1053